



## NPSN PEER SUPPORT MEETINGS

The Nurses Peer Support Network has suspended all face-to-face in-person meetings until it is safe to resume them. In the interim NPSN provides several options for peer support using an online platform called InTheRooms (ITR) which meets **every Tuesday evening at 7:00 PM** (group name for the ITR meeting is NURSES HELPING NURSES). Full instructions on connection with the ITR meetings are located on the NPSN website [http://npsnetwork-mn.org/index.asp?SEC=57DBA1A3-6FFB-4516-B35F-44BDF586792A&Type=B\\_BASIC](http://npsnetwork-mn.org/index.asp?SEC=57DBA1A3-6FFB-4516-B35F-44BDF586792A&Type=B_BASIC).

NPSN also offers a selection of Zoom Peer Support Meetings:

**2<sup>nd</sup> Wednesday of every month** at 7:00 PM: Join Zoom Meeting  
<https://us02web.zoom.us/j/89572939841?pwd=WjBXaUhPMnNuRIJFZHRoT0JKQUxrQT09>

**1<sup>st</sup> Monday of every month** at 6:00 PM: Join Zoom Meeting  
<https://umn.zoom.us/j/97010318736?pwd=Y2prRjZaeGtsOHZ6ZEh6VkdGVnNGQT09>

**3<sup>rd</sup> Monday of every month** at 6:00 PM: Join Zoom Meeting  
<https://umn.zoom.us/j/93338030643?pwd=aEt6SzlkSFg0RGJ0V2ExbFYxQzBWdz09>

**2<sup>nd</sup> Tuesday of every month** at 6:00 PM (this meeting is especially for individuals living in southeastern MN - Rochester, Winona, Albert Lea, Austin, Owatonna and area). Join Zoom Meeting <https://umn.zoom.us/j/96747114412?pwd=dndEbzlRZk5qa29wcFEwUjd2ZFhTdz09>

**4<sup>th</sup> Tuesday of every month** at 6:00 PM (this meeting is especially for individuals living in southeastern MN - Rochester, Winona, Albert Lea, Austin, Owatonna and area). Join Zoom Meeting  
<https://umn.zoom.us/j/94683988867?pwd=Y25qeStWUHRJYVFGU0VENkw1MzcyUT09>

**In addition to the online meetings listed above NPSN will provide one-to-one peer support via telephone.** If you are interested please contact us at: [minnesotanpsnetwork@gmail.com](mailto:minnesotanpsnetwork@gmail.com)